Consultation with service users, carers and stakeholders about short breaks and possible changes to Trumpington Road respite unit
The Council recognises the vital role played by carers in supporting people with learning disabilities and wants to help carers continue to care by ensuring they can have regular short breaks which are beneficial to them and enjoyable for the family member they care for.

Waltham Forest Council have decided to conduct a formal consultation with families to ask for their views on what services they would like to use for short breaks. The consultation will take place over 3 months, from 20 July to 20 October 2009.

The consultation asks for views on the range of services which families use, or would like to use. The consultation also asks whether there should be changes to the service at Trumpington Road respite care home, which is currently underused.

There is no suggestion that carers will lose their entitlement to short breaks and indeed the aim is to improve short breaks services for carers and service users.

We hope that you will share your views with us to help us improve services. You can do this personally – a list of Carers meetings is attached to this document.

Service users meetings will be arranged at day services and at Trumpington Road. Times and dates will be notified soon. A meeting for young people in transition will be arranged at ‘the Limes.’

Staff views will also be sought through meetings and through their unions.

Stakeholders’ views are also welcome, for example voluntary organisations. Stakeholders will be invited to a meeting to discuss their views.

You can also let us know what you think by filling in the enclosed questionnaire.
In this document you will find:

1. A questionnaire which is being circulated to all carers in Waltham Forest and Redbridge, including carers of young people who will become adults soon. The questionnaire is also available on both Councils’ websites www.redbridge.gov.uk/cms/social_care__health/ldp/news_and_publications.aspx and www.walthamforest.gov.uk/ld-services-consultation and will be on www.wherecani.com soon. An ‘easy read’ version will be available for service users.

2. Dates and times of Carers meetings. Waltham Forest Mencap will be facilitating the carers’ consultation and will host meetings at various times and places. The meetings will give an overview of the consultation exercise, various short breaks options and give families a chance to express their views. There will be an opportunity to discuss the issues and give your views at regular Carers meetings e.g. Mencap’s Older Carers group, the Afro Caribbean Carers Support Network (ACCSN), Asian Mothers group, regular day services meetings and Trumpington Road Carers meetings.

Mencap will also organise ‘drop ins’ to offer help to complete the questionnaire, or support to give your views. Individual carers can also get support from the Community Learning Disability teams and carers organisations – these are listed in appendix 3.

3. A list of voluntary organisations who can help you express your views.

4. Information about short breaks...
Why are we consulting?

The consultation is taking place because a review of short breaks in 2008, which asked for carers’ views, told us that:

• We needed to improve the choice of short breaks available - people were asking for more flexible, homely, personalised services which catered for all ethnic groups and levels of need.

• The 27 respite residential care home beds available across Redbridge and Waltham Forest are not being used much, and are empty on average for 41% of the time.

• Trumpington Road was only occupied for short breaks for 61% of the time last year.

What are we consulting on?

We want to talk to families about the types of short breaks currently available and ask if these or other services would be of interest to your family. The information booklet in this pack includes details of:

• Home based respite

• Holidays / weekends away

• Adult placements – a break with another family for regular breaks or holidays, regulated by the Care Quality Commission (CQC), in the same way as residential care homes are regulated.

• Direct payments and individual budgets so families can choose and arrange their own short breaks

• Outings / activities in the community

• ‘Latchkey’ services for working carers (care during the early evenings for working parents)

We also want to know what services families might want in future, how cultural needs can be met, and what services are best for people with complex disabilities.

Because Trumpington Road has been under-used, we want to talk about some options for the future, for example:

• Reduce the number of beds at Trumpington Road to six, and offer alternative breaks in an accessible care home in Chingford.

• Close Trumpington Road during the week when it is not fully occupied and use it for other purposes.

• Leave 11 beds at Trumpington Road.
What happens after the consultation?

A full record of responses to the consultation will be made available.

The outcome of the consultation will be reported to the Council through its Cabinet meeting, probably in December.

The questionnaire can be returned either by post to:

FREEPOST PLUS RRAC-YJAH-EYZH
Short Breaks Consultation
London Borough of Waltham Forest
Silver Birch House
Uplands Business Park
Blackhorse Lane
London
E17 5SD

Please note: This address is for the return of questionnaires only. This is not a public access office.

By email to LDP@redbridge.gov.uk

If you would like more information or wish to express your views over the phone please call Debbie Richards on 020 8496 1844 or email Debbie.Richards@redbridge.gov.uk
# Appendix 1

## Consultation meetings and workshops

<table>
<thead>
<tr>
<th>Who Should Attend?</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>All carers</td>
<td>Tuesday 11 August</td>
<td>7pm-9pm</td>
<td>Royal British Legion 31 Dunton Road Leyton E10 7AF</td>
</tr>
<tr>
<td>All carers</td>
<td>Saturday 15 August</td>
<td>11am-1pm</td>
<td>Woodbine 25 Woodbine Place Wanstead E112RH</td>
</tr>
<tr>
<td>All carers</td>
<td>Wednesday 26 August</td>
<td>11am-1pm</td>
<td>Royal British Legion 31 Dunton Road Leyton E10 7AF</td>
</tr>
<tr>
<td>Asian mothers</td>
<td>Tuesday 8 September</td>
<td>10am-12noon</td>
<td>2a Boundary Road Walthamstow E17 8JU</td>
</tr>
<tr>
<td>All carers</td>
<td>Friday 11 September</td>
<td>11am-1pm</td>
<td>Mencap Centre 1a Matlock Road Leyton E10 6BN</td>
</tr>
</tbody>
</table>
Appendix 2

Background information

- Trumpington Road respite unit is a valued service to a group of families.

- However of the 800 potential families across Redbridge and Waltham Forest families who care for an adult with a learning disability, only 38 families, or 9%, of them use the service. We want to know why it is not being used more.

- The service currently does not meet Care Quality Commission standards for good quality services, although the staff team are making strenuous efforts to improve the service.

- People now have the choice to buy individual short break services in the community. More and more families are choosing to do this.

- The Council will be asking providers to tender for new short break services during the summer. This will increase the range of choices for short breaks. Your comments from this consultation can be taken into account when tendering for these new services.

- There is a new option of a 6 bed, fully wheelchair accessible unit in Chingford which might be more accessible to families in the north of the borough.

- For a full copy of the 38 page short breaks report 2008 or the summary please call:

  Tel 020 8496 1839 or
  Email ldp@redbridge.gov.uk
Appendix 3

List of organisations able to offer support to carers and service users

**Waltham Forest Mencap**
Mencap Centre
1a Matlock Road
Leyton  E10 6BN
Tel 020 8988 9560
Email info@wfmencap.org.uk

**AACSN - African and Afro-Caribbean Support Network**
806 Community Place
Leyton  E10 6AE
Tel 020 8558 0395
Email info@aacsnwf.org.uk

**Asian Mothers Group:**
2a Boundary Road
Walthamstow  E17 8JU
Tel 020 8520 0373

**Waltham Forest Carers Association**
St. Andrews Centre
8 Church Road
Walthamstow  E17 6AR
Tel 020 8531 9652

**Redbridge Forum**
98-100 Ilford Lane
Ilford
Essex  IG1 2LD
Tel 020 8478 7571
Email redbridgeforum@btconnect.com
The Limes (Young people in transition)
6 Somers Road
Walthamstow  E17 6RX
Tel 020 8509 8985.
Redbridge Forum
98-100 Ilford Lane
Ilford  IG1 2LD
Tel 020 8478 7571

NELA (advocacy service)
Goodmayes Hospital
Barley Lane
Essex  IG3 8XJ
Tel 020 8970 5731

The Daffodils Advocacy Project
2nd floor
Unit 2 249 Cranbrook Road
Ilford  IG1 4TG
Tel 020 8554 2328

Learning Disability Older Carers Worker
Redbridge Carers Support Service
3rd Floor, 17 Station Road
Ilford
Tel 020 8514 6251

Greater London Advocacy Services Office
144 Landsdown Road
Seven Kings
Ilford  IG3 8NQ
Tel 020 8598 2147
Appendix 4

Short breaks services in Redbridge and Waltham Forest for people with learning disabilities

The Learning Disability Partnership recognizes the very valuable role played by carers of supporting people with learning disabilities and is committed to supporting them to fulfil their caring role by enabling them to have regular short breaks. Good short breaks can benefit not only the carers but also the cared for, as they provide opportunities to do new things, interact and form relationships with new people and prepare them for a time when they may not live at home.

In 2008 The Partnership carried out a review of short breaks, which included widespread consultation with carers. The feedback they gave was that they wanted more information about what short breaks options were available. Carers also wanted more short breaks options, not just overnight stays in residential respite care. They also wanted services which are personalised and meet their ethnic and cultural needs.

The Partnership is committed to meeting these needs. Waltham Forest will shortly be inviting voluntary organisations to bid to provide a wide range of services for carers including short breaks and will set up a preferred provider list so carers can choose what services they want to use. An updated booklet will accompany this.

The information below lists current information on services available and where to go for advice and further information about short breaks. Some organisations also provide support and networking opportunities for carers. Please note this is not an exhaustive list.
Section 1: Services in Waltham Forest

Voluntary organisations

Waltham Forest Mencap
Mencap Centre
1a Matlock Road
Leyton  E10 6BN
Tel 020 8988 9560 or 020 8988 9566
Email info@wfmencap.org.uk
Website www.wfmencap.org.uk

Mencap provide a range of weekly activities including social clubs, a disco and luncheon club. They also organise holidays and weekend breaks for users to give carers a break. They support both carers and the cared for and produce information on services available. They work with older carers on the issues facing them.

Here4You unit offers general support, benefit advice with claims support and advocacy for both carers and people with learning disabilities.

Waltham Forest Carer’s Association
St Andrews Centre
8 Church Road
Walthamstow  E17 6AR
Tel 020 85319652
Email wfcarers@btconnect.com

Provides a range of services and support to carers including information services and activities.

Crossroads Waltham Forest
509 Forest Road
Walthamstow  E17 7DY
Tel 020 8558 6823
Website www.crossroads.org.uk

A Crossroads service giving carers break from their caring responsibilities by providing a reliable, tailored sitting service in the home for each carer and the person they care for. There are schemes in most parts of England and Wales.

Disability Action Waltham Forest
1A Warner Road
Walthamstow  E17 7DY
Tel 020 8509 0812

Run by disabled people for all disabled people in Waltham Forest. Projects include a support service to help people live more independently by helping them to employ support workers using Direct Payments from Social Services to arrange their own services, including short breaks.
African and Afro-Carribean Support Network (AACSN)
Community Place
806 High Road, Leyton  E10 6AE
Tel 020 8558 0395
Email info@aacsnwf.org.uk

AACSN provides social and recreational activities for African and Caribbean Carers of people with learning difficulties. AACSN also provide respite breaks for users and advocacy support for carers and users. They run exercise sessions and have monthly support groups for carers and a fortnightly support group for users.

The Limes
6 Somers Road
Walthamstow  E17 6RX
Tel 020 8509 8985
Website www.thelimes.org.uk/index.htm

The Limes works with children and young people in transition to adult services. It provides opportunities for stimulating leisure activities for disabled and non-disabled children and young people and encourages them to participate in the decision making process. It has a self advocacy group called ‘Friends Empowered’ for young people with learning disabilities in transition and a housing project to enable housing choices for young people with LD and runs various activities.

Waltham Forest Asian Mothers Group
2a Boundary Road
Walthamstow  E17 8JU
Tel 020 8520 0373
Website www.wfamg.org.uk/

The aim of this Charity is to improve the quality of life for South Asian families who have children and young adults with disabilities. It is managed by carers and staff have good understanding of disability-related issues. Services are developed as a direct response to what Carers want and include a Carers support group, advocacy, employment project, various activities, including a leisure club.
Services Provided for Carers in Waltham Forest

The following services can be accessed following an assessment of need or self-assessment carried out by the Community Learning Disability Team. Mencap can help with a self-assessment.

The assessment considers: what type of care you give, the effect caring has on you and your family, and what support you need to continue caring, including short breaks.

The Community Learning Disability Team can offer advice on these services.

**Take a break**
This is a sitting service in your own home that is available up to 4 hours a week. The hours can be carried over for up to 16 hours per month so you can have a longer break. No personal care is provided.

**Home based respite**
Personal care provided directly to the cared for person in his or her own home while the carer is away. This is generally limited to up to £500 per week for up to 2 weeks per year.

**Respite grant**
Financial assistance to a carer to contribute to the cost of short breaks from their caring role. The carer can access up to £225 for themselves or £450 for the carer and cared-for together, as long as a break from caring can be evidenced.

**Direct payments**
Direct payments may be made to the carer to fund his or her own or support including short breaks equipment, care or other services. Evidence, (invoices, timesheets etc) must be provided at the end of each 13 week period.

**Leisure card**
This card entitles Carers to a range of discounts in the leisure centres run by GLL for London Borough of Waltham Forest.

**Adult education**
The Learning Grant scheme provides a payment to the Carer to assist with the cost of learning opportunities.

**Local residential short breaks**
If the cared for person has been assessed as being eligible for residential respite services the following local Units can be used: Users can also access the Redbridge units subject to availability. Specialist placements for people with complex and challenging needs can be arranged, subject to the funding being agreed. For further information and advice contact:

The Community Learning Disability Team
30 Coleridge Road
Walthamstow E17 6QU
Tel 020 8521 0337
Trumpington Road
Trumpington Road is an 11 bed Respite Care Unit for adults with a learning disability who are aged between 18 and 65. There are different activities to do during the day and evenings, in house and in the community.

130 Trumpington Road
Forest Gate  E7 9EQ
Tel 020 8496 1440

May Road
1 May Road
Chingford  E4 8NB
Tel 020 8496 1946
Website www.walthamforest.gov.uk/residential_and_accommodation

May Road is a registered residential service based in Chingford, providing accommodation to 20 residents over the age of 18. This includes 4 short stay beds, including one bedroom allocated specifically for respite.

Residents are given opportunities to increase their skills.

Day services
All day services in Waltham Forest hold Carers’ Meetings. The services will also be able to provide information to carers on where to get advice on a range of issues.

Asian Womens’ Day Services
807 High Road
Leyton  E10 7AA
Tel 020 8496 2711

This provides culturally appropriate day services for Asian Women with a learning disability. It offers opportunities in leisure, education and employment reflecting the cultural norms and values of individual service users and their families.

247 Markhouse Road
247 Markhouse Road
Walthamstow  E17 8DW
Tel 020 8509 0434

247 offers a range of day opportunities choices to adults with learning disabilities. Service users are involved in a Person Centred manner in all aspects of their programmes to shape what constitute ‘a good day’ for them.

Community Day Services
807 High Road
Leyton  E10 7AA
Tel 020 8496 2701
Webpage www.walthamforest.gov.uk/learning-disabilities

Provide assessments and organise day activities in partnership with the voluntary, statutory and private sectors to increase the number of community based activities in education, leisure and employment. The team also works closely with the Supported Employment Team to find paid employment for its service users.
Section 2: London Borough of Redbridge

Voluntary Organisations

Redbridge Carer’s Support Service (RCSS)
17 Station Road
3rd Floor
Ilford
Essex IG1 4DW
Tel 020 8514 6251
Website www.rcss.org.uk

Redbridge Carers Support Service offers a range of service for carers such as training, counselling, advocacy, complimentary therapies and information. RCSS produces a quarterly newsletter that provides information to 1600 carers and 300 professionals about all relevant carer’s issues.

Older Carer’s Worker
Redbridge Carers Support Service
3rd Floor
17 Station Road
Ilford IG1 4DW
Tel 020 8514 6251
Website www.rcss.org.uk

The older carers’ worker offers advocacy, information and advice on benefits, carers services and assists with carers’ self assessments. Home visits are available for carers who may be isolated or unable to travel to the office.

Redbridge Forum
98-100 Ilford Lane
Ilford
Essex IG1 2LD
Tel 020 8478 7571
Email redbridgeforum@btconnect.com

Redbridge Forum provides advocacy and support to people with Learning disabilities and their carers. They organise consultations, events and work in partnership with Redbridge Disability Action. They provide regular carers meetings and facilitate speak up groups.

Redbridge Crossroads
106 Charter Avenue
Ilford IG2 7AD
Tel 020 8518 4090
Email eluned@redbridgecrossroads.com

Crossroads provides respite for carers through a home sitting service which includes an element of personal care. It can be used directly or via the Redbridge voucher scheme and the Emergency Alert card scheme (see below). The service uses trained Care/ Support Workers who work flexible hours including evenings and weekends. It also operates a ‘Homeshare’ service, which provides small scale day care for people with dementia.
The Penderels Trust
Imperial Offices
103 Cranbrook Road
Ilford
Essex IG1 4PU
Tel 020 8477 1530
Fax 020 8514 7335
Email redbridge@penderelstrust.org.uk
Website www.penderelstrust.org.uk/redbridge-office

Pendrels Trust supports anyone who requires personal care to live independently. The Trust assists service-users with all aspects of independent living including preparation for an assessment, calculating the annual cost of care, accessing funding sources e.g. care management or the Independent Living Fund. It assists people to recruit and train their own staff and liaising with other services and professionals. It offers advice, information and necessary support to manage Individual Budgets and Direct Payments. You must be referred by your care manager to access this support services.

The Daffodils Advocacy Project
249 Cranbrook Road
Unit 2, 2nd floor
Ilford
Essex IG1 4TG
Tel 020 8554 2328
Email daffodil.advocacy@btconnect.com

Daffodils provides advocacy and self advocacy services for a range of people with learning disabilities and has a specialist service for people with high support needs. It also provides advocacy for people The “Speak Up Link Up” arm of the service hold speak up sessions for people with a learning disability living in the two Boroughs – Redbridge and Waltham Forest.
Services provided for carers in Redbridge

The following services can be accessed following an assessment of need or carried out by the Community Learning Disability Team. RCSS and the Older carers worker can help with a self-assessment.

This looks at: what type of care you give, the effect caring has on you and your family, and what support you need to continue caring including short breaks. The Community Learning Disability Team can offer further advice.

Redbridge Carers Voucher Scheme

A voucher scheme is in operation for carer’s breaks/respite to give flexibility over when they choose to have a break. Carers must have a separate Carer’s assessment. Then can then be issued with vouchers, each one valid for half an hour which can be used to buy care services from a provider on Redbridge’s approved list. Vouchers can be used for blocks of time but must be used before the expiry date.

Tel 020 8708 7333

Carers Emergency Alert Card Scheme

This scheme can provide emergency care if a carer has an unplanned emergency like hospital admission, family crisis etc. Carers must register with the emergency care scheme in advance giving details of the needs of their cared for person. Then in an emergency they can call for help to look after their cared for person via the Council’s lifeline scheme. To register you can contact a care manager, older carers worker, RCSS or download the application from the carers’ page on Redbridge.

Webpage www.redbridge.gov.uk/cms/social_care__health/carers.aspx

Local Residential Short Breaks

852 Cranbrook Rd
Barkingside  IG1 IEU
Tel 020 8708 7018

If the cared for person has been assessed as being eligible for residential respite services the following local Units can be used: Users can also access the Waltham Forest units, subject to availability. Specialist placements for people with complex and challenging needs can be arranged, subject the funding being agreed. For further information contact The Community Learning Disability team.

The Community Learning Disability Team
852 Cranbrook Rd
Barkingside  IG1 IEU
Tel 020 8708 7018
Green Lodge
7 Madeira Grove
Woodford Green
Essex  IG8 7QH
Tel 020 8924 6140

Green Lodge is a registered care home with nursing and aims to provide short breaks particularly for people with complex health needs. It is purpose built and wheelchair accessible.

Argyle Road
36 Argyle Road
Ilford  IG1 3BG
Tel 020 8518 3064
Webpage www.rchl.org.uk/Schemes/ SchemesInfo/argyle.html

Argyle Road is a six bed registered care home which provides short breaks for adults with a low to moderate learning disability. It is managed by RCHL. Staff support people with domestic tasks, healthcare and social skills and run a programme of activities. The also accept direct payments and individual budgets if people want to buy their own short breaks.

RCHL are in the process of developing other forms of short breaks including supporting users out in the community, short day/ evening breaks at Argyll rd to participate in the activities or support in the home. Contact Argyle rd or your care manager to explore these options.

Day services
All day services at four locality bases hold Carers’ Meetings. The services will also be able to provide information to carers on where to get advice on a range of issues.

Woodbine
25 Woodbine Place
Wanstead  E11 2RH
Tel 020 8708 7403

Woodbine’s main focus is on employment and inclusion. They offer many different activities that are employment based including the Cherry Tree café and a steel band. They also offer day to day off site activities.

Mulberry Lodge Barkingside
47-50 Mulberry Way
Barkingside
Essex  IG6 1EU
Tel 020 8551 4719

The Service’s focus is to maximise people’s potential in a way which is inclusive and fun within their local community.
Mildmay Centre
69 Albert Road
Ilford  IG1 1HP
Tel 020 8708 9230
Webpage www.redbridge.gov.uk/cms/social_care__health/ldp/day_opportunities.aspx

Mildmay is a new community resource based in central Ilford. People will be able to access new experiences out in the community and be able to integrate with the local community.

RCHL Day service
Unit 2
Caxton Place
Roden Street
Ilford  IG1 2AH
Tel 020 8477 1800

RCHL provides a day service based in Goodmayes but supports users to go out in the community.

Uniting Friends
92 C Beehive Lane
Ilford  IG 4 5EG
Tel 020 8551 8800

Offers a befriending service and supports people to take part in an extensive range of activities including evenings & weekend leisure/social activities. It offers a community-based programme of employment opportunities and has a gardening project. It runs personal development training and has recently launched a lottery funded dating service.
Section 3: Joint services in Redbridge and Waltham Forest

Adult Family Placements

The scheme which is available to both Redbridge and Waltham Forest residents enables people with learning disability to stay in a family home and be part of the family. Respite placements are available and appropriate support is given depending on individual needs. One Adult family placement in Berkshire offers short break holidays. Service users meet carers first to ensure a proper match based on the needs of the service user and the carer. This service can offer day, evening or overnight respite care, as well as short or long-term accommodation.

For more information on this service call Sean Hampson on 020 8521 0337. He is based in the Community Learning Disability team at Coleridge Road E17 or email Sean.Hampson@walthamforest.gov.uk.
Section 4: Other Services

There are many organisations, which provide holidays, or information on holidays for people with disabilities. It is possible to use Direct Payments or Individual Budgets with some of the organisations listed.

There are also help lines and information sheets provided by some of the national bodies who focus on specific types of disability. Here is a list of useful phone numbers and websites you may find of interest.

NB. The Learning Disability Partnership does not endorse or accredit these organisations and does not accept responsibility for the quality of service provided.

**National Mencap**

Mencap provides advice and information on respite/ short breaks and can offer evening activities, support at home, emergency respite, individualised short breaks or holidays. Their comprehensive Holiday Information Publication provides details about holiday locations, providers and holiday funding organisations. To ask for a service you should telephone your local office to make a referral or discuss this with your Care Manager.

The Local Area manager is Liza Lazell

**Mobile** 07951 316 809  
Regional office telephone: 0808 808 1111 or 01582 560 003  
**Email** help@mencap.org.uk  
**Website** www.mencap.org.uk

**Break**

Davison House  
1 Montague Road  
Sheringham  
Norfolk  NR26 8WN  
**Tel** 01263 822161  
**Email** office@break-charity.org  

Break helps vulnerable people in the community by giving them a break.

**Smile Holidays**

Smile holidays are a specialist provider of all inclusive holidays for adults with learning disabilities with a variety of destinations in England, Majorca, France and Malta. To book a holiday call head office.

**Tel** 01273 439240  
**Email** enquires@smilehols.com

**Breakaway: Holidays And Weekends Ltd**

Breakaway has been delivering holidays since 1998 for people with a range of Learning Disabilities.

It offers a variety of places to discover in UK, Europe and USA.

135 Baddow Road  
Chelmsford  CM2 7PY  
**Tel** 01245 475098 or 07790770218  
**Email** breakawayhols@aol.com or breakawayactive@aol.com
Home Farm Trust
5-6 Brook Office Park
Folly Brook Road
Emersons Green
Bristol BS16 7FL
Tel 0117 906 1700
Website www.info@hft.org.uk

Home Farm Trust is a national charity that supports people with Learning Disabilities. You can contact Home Farm Trust for short breaks whether you have an Individual budget, are using self directed support or are funded by your local authority.

Vitalise
Tel 0845 345 1972
Website www.info@vitalise.org.uk

Vitalise offer accessible respite care and short breaks with real freedom and choice for disabled people and carers. They are experienced in caring for a wide variety of physical disabilities and health conditions.

The National Autistic Society
The National Autistic Society provides a wide range of services including breaks for children and adults with an autism spectrum disorder and their families. They also offer a range of information services for people with ASDs, families and professionals.
Tel 0845 070 4004
Website www.autism.org.uk/directory

National Society for Epilepsy
National Society for Epilepsy
Chesham Lane
Chalfont St Peter
Bucks SL0 0RJ
Tel 01494 601 300
Email ann.trumble@epilepsysociety.org.uk

The UK’s leading epilepsy medical charity working for everyone affected by epilepsy. Respite stays where possible are planned in advance and can be given in a residential care home or a care home with nursing.
Carers UK
20 Great Dover Street
London SE1 4LX
Tel 0207 3784999
Carersline 080 8808 7777
Email info@carersuk.org info@carersuk.org
Website www.carersuk.org

Carers UK offer a free carers advice line which helps thousands of carers claim vital benefits every year.

The Princess Royal Trust for Carers
Unit 14
Bourne Court
Southend Road
Woodford Green
Essex IG8 8HD
Tel 0844 800 4361
Website www.info@carers.org

For general advice on caring for someone with a Learning Disability, which aims to make the challenges faced by carers that little bit easier.